



Review Article

AYURVEDIC CONCEPTS OF AHARA, AGNI, AMA AND PATHYA-APATHYA IN THE PREVENTION AND MANAGEMENT OF SANTARPANJANYA VYADHI (OVER NUTRITION) LIFESTYLE DISORDERS

Baishali Paul^{1*}, Sumit Nathani²

¹PG Scholar, ²Professor, Department of Dravyaguna Vigyana, National Institute of Ayurveda, Deemed-to-be University (De-novo), Jaipur, Rajasthan, India.

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ABSTRACT

Lifestyle disorders are increasing rapidly due to changing food habits, reduced physical activity, and stressful living conditions. Ayurveda explains such conditions under *Santarpanjanya Vyadhi*, which arise mainly from over-nutrition and improper lifestyle. This review explores how Ayurvedic nutrition (*Ahara*) plays an important role in both prevention and management of these disorders. In Ayurveda, *Ahara* (diet) is not just about nutrients but also about quality, quantity, timing, digestion (*Agni*), and individual constitution (*Prakriti*). Disturbance in these factors weakens digestion, leading to the formation of *Ama*, which is considered a root cause of many metabolic diseases like obesity, diabetes, and dyslipidaemia etc. Classical Ayurvedic texts along with modern literature were reviewed to understand these concepts and their relevance today. The study highlights the importance of balanced diet, proper eating habits, and lifestyle regulation, including sleep and physical activity. Special emphasis is given to *Agni* and *ama* which acts as a bridge between food and health, and its proper functioning is essential for maintaining metabolic balance. The review also discusses condition-specific dietary approaches for various lifestyle disorders. An integrative approach combining Ayurvedic principles with modern nutritional science appears to be more effective, as it addresses both qualitative and quantitative aspects of diet. Overall, Ayurvedic nutrition offers a simple, personalized, and sustainable way to manage lifestyle disorders and improve long-term health.

INTRODUCTION

The fundamental tenet of the Ayurvedic medical system is 'Swasthyashya Swasthya Rakshanam', which means to preserve the health of the healthy, as opposed to 'Aturashya Vikara Prashamanancha', which means to heal the ill.^[1,2] Poor lifestyle choices, such as eating unhealthy, not exercising, smoking, drinking too much alcohol, sleeping poorly, and experiencing stress from a heavy task, are the root cause of lifestyle disorders.

Globalization and India's fast urbanization are the key causes of the country's rising rate of lifestyle problems.^[3] According to Ayurveda, non-communicable disease (NCDs) such as *Prameha* (diabetes), *Sthoulya* (obesity), *Hrid roga* (heart disease), *Pandu* (anaemia), metabolic syndrome are examples of lifestyle disorders that fall under *Santarpanjanya Vyadhi* (overnutrition ailments).^[4] Among the Ayurvedic principles *Ahara* (diet), *Agni* (digestive power) *Ama* (toxins) and *Pathya-apathya* (wholesome and unwholesome food) play an important role in the prevention and management of these disorders. Ayurveda describes *Ahara* (nutritive diet elements) is a *Panchamahabhautika* form of nutritive elements with six taste qualities, including *Guru* (heavy to digest), *Laghu* (easy to digest), and *Snigdha* (unctuous) etc.^[5] *Ahara* (diet) is regarded as one of the *Trayopasthambha* (three sub pillars of life),

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which are crucial for the growth, development and enhancement of *Ojas*.^[6] Proper functioning of *Agni* (digestive and metabolic fire) ensures digestion, absorption, and metabolism of food, whereas impaired *Agni* leads to the formation of *Ama* (toxic metabolic waste), which contributes to *Santarpanjanya vyadhi* (over nutrition disease) development by obstructing body channels and disturbing *Dosha* balance.^[7,8] Ayurveda strongly advocates *Pathya* (wholesome diet) and avoidance of *Apathya* (unwholesome diet) to maintain balanced *Agni* and prevent *Ama* formation.^[9] As a result understanding Ayurvedic concepts is critical for both prevention and treatment of lifestyle disorders. Ayurveda provides a holistic and practical approach to efficiently treating *Santarpanjanya vyadhi* (over nourished) conditions by emphasizing a balanced diet, appropriate digestion and healthy lifestyle practices.

AIM

The purpose of this review is to explore the role of Ayurvedic nutrition in the treatment of *Santarpanjanya* (over-nutrition) lifestyle diseases.

Objective

- To understand the concept of nutrition or diet (*Ahara*) in Ayurveda.
- To study the role of digestion (*Agni*) in both preserving health and producing disease.
- To identify common *Santarpanjanya* (over-nourished) lifestyle diseases.
- To highlight the importance of tailored diet and lifestyle changes in *Ayurveda*.

MATERIALS AND METHODS

This review was carried out using both traditional Ayurvedic literature and modern scientific publications. To gain a deeper understanding of *Ahara*, *Trayopasthambha*, *Agni*, and lifestyle problems such as *santarpanjanya vyadhi*, primary Ayurvedic works such as *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridaya*, *Astanga Samgraha*, *Kashyap Samhita*, *Bhaisajya Ratnavali* as well as their available commentaries, were thoroughly studied. An electronic literature search was conducted using databases such as PubMed, Google Scholar, AYUSH Research Portal, Scopus, Ayush Dhara, ScienceDirect, Web of Science to find contemporary evidence. English-language articles were reviewed for relevance. Keywords included in the search contained "Ayurvedic nutrition," "*Ahara*," "*Trayopasthambha*," "*Agni*," "lifestyle disorders," "*Santarpanjanya vyadhi*," "obesity," "diabetes mellitus," and "metabolic disorders". Articles on nutritional interventions, metabolic health and lifestyle ailments were included. Studies unrelated to nutrition or lifestyle issues, as well as articles that were irrelevant,

were eliminated. The collected literature was descriptively evaluated in order to integrate old Ayurvedic principles with modern scientific understanding.

Review

Concepts of *Ahara* (diet) in Ayurveda: According to Ayurveda, *Ahara* (diet) plays a very delicate role for the maintenance of health. Out of three *Upastambhas*, the *Ahara* (diet), *Nidra* (sleep), *Brahmacharya* (refrained from all sexual acts), proper diets and drinks is the only way to the survival of living organisms. Wholesome food is one of the causes of growth and development of living beings, while unwholesome food produces diseases.^[10] Being supported by these three well-regulated factors of life, the body is endowed with strength, complexion, growth and continues up-till the full span of life provided a person does not indulge in such regimen as are detrimental. Among all *Upastambhas*, *Anna* (diet) is the best sustainer of life. Showing the importance of diet *Susruta* says that the food determines the origin of beings and forms a chief source of their bodily strength and complexion as well as of the albuminous (*Ojas*) principle in their organism. Food is the source of the growth, strength, and healthful glow of organic beings. It is food that imparts strength to the organs of sense and make them operative in their respective fields of action. Irregularity (*Vaisamyā*) of diet which brings about ill health. *Acharya Susruta* further says that food restores the vigour, gives strength immediately after taking. It sustains the body, increases the span of life happiness, memory power, *Ojas* and digestive power. The diet has direct relationship not only with the body, but also with the mind. It is said that the purification of mind can be obtained by pure and wholesome food and as a result of pure mind one can attain *moksha* (salvation) and happiness.^[11] *Acharya Kashyap* thinks that food is medicine and medicine is food, and that medicine cannot maintain life on its own. A healthy diet is regarded as "*Mahabhaisajya*" (the great medicine).^[12,13] Ayurveda does not focus only on nutrients but also on how food is consumed.

Ayurveda states that a food can only be considered an *Ahara* (diet) if it satisfies five requirements: retain bio-balance (*Doshasamyā*), be friendly to both macro and micro channels (*Pathyam*), be beneficial to the body's constitution (*Hitam*), be pleasing to the mind (*Manasa priyam*), and generate essential energy and tissue essence (*Ojas*). It is the essential component of all seven dhatus, from "*Rasa*" to "*Shukra*," and it has an immediate impact on a person's mental, physical, and spiritual endurance.^[14] The concept of a balanced diet is described in the *Charak Samhita* under the such articles which are

conducive to the maintenance of good health and are capable of preventing the attacks of disease. According to *Acharya Charak* and *Vagbhata* one should regularly take *Sastika* (a kind of rice harvested in 60 days), *Shali* (*Oryza sativum*), *Mudga* (*Phaseolus mungo*), *Saindhava lavana* (rock salt), *Amalaka* (*Emblica officinalis*), *Mrudwika* (*Vitis Vinifera*), *Jivanti* (*Leptadenia reticulata*), *Pathya* (*Terminalia chebula*), *Dadim* (*Punica granatum*), *Sharkara* (sugar), *Ghrita*, *Jangala mamsa* (meat from animals inhabiting dry regions), rain water and *Madhu* (honey) etc.^[15,16,17]

Key principles include the *Ashta-Ahara-Vidhi-Visheshayatana* (eight attributes related to diet consumption) include *Prakriti* (depending on nature of food), *Karana* (processing of food), *Samyoga* (combination of dietetic materials which are mutually compatible), *Rashi* (quantity of food), *Desha* (Place where the foods are available), *Kala* (based on time, seasonal and diurnal variations), *Upayogasamastha* (depending on digestive capacity), and *Upayokta* (diet should be suitable and easily digestible to the individual concerned) as guidelines for health-promoting eating.^[18,19,20] In Ayurveda, *Ahara* (diet) is classified into three types: *Sattvic*, *Rajasic*, and *Tamasic*. From birth to death, one should follow a *Sattvic* diet. A *Sattvic* diet consists mostly of milk and milk products (curd, butter), rice, sesame, fruits, fruit juices, and all forms of sweet foods. A *Sattvic* diet does not require fasting; rather, it should be consumed in moderation along with pure water. Foods in a *Sattvic* diet should be balanced in flavour, fresh, and easy to digest. Such diet is beneficial for sustaining health and achieving longevity, and it promotes both mental and physical well-being. Simple and balanced foods like rice, vegetables, fruits, and milk are said to be the best for a daily diet. A *Sattvic* diet is also recommended for a variety of ailments, including obesity and cardiovascular disease.^[21]

Ayurvedic texts describe four kinds of *Ahara* (diet) *Dravyas* with various species of grains used along with their qualities and functions. These are: *Ashita* (eaten by biting with teeth as bread), *Peeta* (taken as drink as milk and water), *Leedha* (which is taken by licking e.g. condiment, pickles etc.), *Khadita* (eaten by mastication as fried grain). Dietary regulations, also known as *Ahara Vidhi Vidhana* (methods of taking meal) govern how food should be consumed. To maintain good health, it's important to intake of food should be *Ushnamashniyat* (warm meal should be taken), *Snigdha masniyat* (unctuous meal should be taken), *Matra vadashniyat* (proper quantity of meal should be taken), *Jirna ashniyat* (meal should be taken after the digestion of previous meal), *Virya birudhamasniyat* (Meal should not be incompatible), *Ishta deshe Isht sarvopakare namasniyat* (meal should

be taken at favourable place with all needed equipment), *Natidrutamashniyat* (meal should not be taken hurriedly), *Natibilambita mashniyat* (meal should not be taken for a long time), *Ajalpanahasan Tanmana Bhoonajeeta* (meal should be taken without speaking and laughing and being concentrated at the meal), *Atmanamabhismikshya Bhoonjeete Samayaka* (meal should be taken having an allround consideration of oneself what is suitable and what is not suitable should be considered and whatever is *Satmya* or wholesome should be taken).^[22,23,24] Further *Acharya Susruta* has described *Dwadasa-Asana-Pravicharana*, the twelve fundamental factors should be considered while prescribing diet.^[25] These principles promote healthy digestion, nourish the *Dhatu*, maintain *Dosha* equilibrium, prevent illness and to have a long, happy and healthy life.

Importance of Agni: From the point of view of Ayurveda, *Pitta* has been described as *Agni* (fire), since it performs fire-like actions i.e. *Paka*, which refers to *Pachana* (digestion), *Dahana* (burning, combustion or oxidation) including *Bhinna samghata* (splitting), *Tapana* (heat production), *Parinamana* (conversion), *Paravritti* (transformation), *Prakasana* (illumination), *Ranjana* or *Varnakara* (colouration) and *Prabhakara* (to cause lustre).^[26] Food is the factor which sustains and supports the *Deha-dhatus* (tissue elements), *Ojas* (the factor of resistance to disease and decay), *Bala* (strength or capacity to perform physical work), and complexion among others. This food depends upon *agni* to contribute to the nourishment of the body. It is obvious that the body elements or *Sharira dhatus* cannot be nourished and developed when food is not properly digested by *Agni*.^[27] Thus, maintaining optimal *Agni* is essential in management. Incorporating easily digestible foods, adhering to regular meal timings, using mild digestive spices, and following an active lifestyle can help restore its balance. *Agni* serves as a crucial link between diet and disease when it is strong, the body can efficiently process even heavier foods, whereas impaired *Agni* can make even a normal diet detrimental to health.^[28]

Importance of Ama:^[29] *Ama* is a poisonous, incompletely digested material caused by decreased *Agni* at the digestive (*Jatharagni*) and tissue (*Dhatvagni*) levels. Low digestive fire causes incorrect digestion, fermentation, and putrefaction of food, resulting in the creation of *Ama*, which is not absorbed and circulates throughout the body and impaired tissue fire leads to poor tissue metabolism, resulting in *Sama Dhatu* (*Ama*-associated tissues). Systematic toxicity is caused by the accumulation of metabolic waste products as a result of improper transformation and excretion. *Ama* is described as sticky, foul-smelling, heavy, and lethargic, causing channel

obstruction (*Srotorodha*), weakness, heaviness, disrupted *Vata* movement, and metabolic abnormalities. Classical descriptions connect *Ama* build-up to current metabolic disorders like as obesity, diabetes, and dyslipidaemia. Thus, *Ama* plays a vital role in lifestyle challenges by disturbing digestion, tissue metabolism, and *Dosha* balance, highlighting the significance of *Agni*-correcting food and lifestyle changes in *Ayurvedic* therapy.

Santarpanjanya Vyadhi (Over-nourished disorders): *Santarpanjanya vyadhi* refers to one who saturates himself with unctuous food falls prey to the disorders caused by saturation.^[30] In *Ayurveda*, this condition is closely linked with improper use of *Santarpana* (nourishing diet and regimen). When a person regularly consumes *Guru dravya* (*Navanna*, *Anupa* and *Varija mamsa*, *Navamadya*, *Gorasa* etc.), *Snigdha* (*Sarpi*), *Madhur* (*Paistika*, *Ksheera* etc.), and calorie-rich foods along with avoidance of exercise, sleeping in day time or sits in one place, it leads to imbalance in the body's energy system. This excess nourishment mainly aggravates *Kapha dosha* and causes abnormal increase of *Meda* (fat) and *Mamsa* (muscle tissue), resulting in various lifestyle disorders. Instead of maintaining balance, overuse leads to

diseases like *Sthoulya* (obesity), *Prameha* (diabetes), *Aruchi* (anorexia), *Pandu* (anaemia), *Kustha* (skin disease) and other metabolic disorders. The root cause lies in disturbed *Agni* (digestive fire), which fails to properly metabolize nutrients, leading to accumulation in the body. Thus, *Santarpanjanya Vyadhi* highlights how excess nutrition without balance can be harmful, and it emphasizes the importance of controlled diet, proper digestion, and an active lifestyle in maintaining health.^[31,32,33,34]

Ayurvedic dietary approaches for common Santarpanjanya (over nourished) Lifestyle Disorders: Table 1 outlines the *Ayurvedic* dietary advice for prevalent over nourished lifestyle illnesses, relating each condition to appropriate food choices and those to avoid. The table shows how *Ayurvedic* condition-specific food management aids in the correction of deficient *Agni*, minimizing *Ama* production, and preserving metabolic balance. These dietary approaches help to avoid and control lifestyle illnesses like obesity, diabetes, hypertension, and dyslipidaemia by emphasizing healthy, light, and dosha-appropriate foods while restricting *Guru* (heavy), *Medo vridhhi* (increases fat), and incompatible foods.

Table 1: Ayurvedic dietary approaches for over nourished Lifestyle Disorders

S.No.	Lifestyle Disorders	Pathya Ahara (Recommended dietary approach)	Apathya Ahara (Dietary restriction)	Ref.
1	<i>Sthaulya</i> (obesity)	- Grains: <i>Yava</i> (barley), <i>Venuyava</i>, <i>Nivara</i>, <i>Kodrava</i>. - Pulses: <i>Adhaki</i> (toor dal), <i>Kulattha</i> (horse gram), <i>Masura</i>, <i>Mudga</i> (green gram), <i>Rajmasha</i>. - Vegetables: <i>Patola</i> (pointed gourd), <i>Vrintaka</i> (brinjal), <i>Patrashaka</i>. - Liquid food: <i>Usnodak</i> (hot water), <i>Asava arishta</i>, <i>Dugdha</i> (milk), <i>Til taila</i>, <i>Takra</i>, <i>Madhu</i> (honey). - Meat and fish: <i>Rohit Matsya</i>.	- Grains: <i>Godhuma</i> (wheat), <i>Navanna</i>, <i>Shali rice</i>. - Pulses: <i>Tila</i>, <i>Masha</i>. - Vegetables: <i>Madhuraphala</i> - Liquid food: <i>Dadhi</i> (curd), <i>Ikshu</i>, <i>Ghrita</i>, <i>Navanita</i>. - Meat and fish: <i>Anupa</i>, <i>Audaka mamsa</i> - Other food preparations: Avoid all fried heavy, foods, chocolates, sweets, cheese, paneer, red meat, cold drinks and preserved foods.	[38,39]
2	<i>Prameha</i> (Diabetes)	- Cereals: <i>Yava</i> (barley), <i>Shastik shali</i> (rice), <i>Godhuma</i> (wheat), <i>Uddalaka</i>, <i>Shyamaka</i>, <i>Bajra</i>. - Pulses: <i>Yava Chanaka</i> (Bengal gram), <i>Adhaki</i> (toor dal), <i>Mudga</i> (green gram), <i>Kulattha</i> (Horse gram). - Vegetables and leaves: <i>Guduchi</i> leaves, <i>Kadalisar</i>, <i>Methika</i> (fenugreek), <i>Karavellak</i> (bitter gourd), <i>Patola</i> (pointed gourd), <i>Vastukam</i> (<i>Bathuva</i>), <i>Shobhanjana</i> (drum stick), <i>Kushmanda</i>,	- Cereals: New cereals - Pulses: <i>Pavata</i> - Oils: <i>Tila</i> oil - Milk and milk products: <i>Dadhi</i> (Curds), <i>Ghrita</i> - Sugars, honey etc.: Juice of tender sugarcane, sugarcane, juice obtained by machine, new jaggery. - Fish, meat etc.: Meat of animals in regions where water is abundant and fish. - Alcoholic liquids: New wine	[40,41,42,43,44]

		<i>Tanduleyaka (Choulayee)</i>, flower of coconut plum. 4. Fruits: <i>Krushna kadali</i>, raw fruits of <i>Tinduka, Jambu, Udumber, Dadima</i> (pomegranate), <i>Amalaki</i> (goose berry), <i>Trapus</i> (cucumber). 5. Oils: <i>Neem</i> oil, <i>Ingudi</i> oil, <i>Danti</i> oil, <i>Atasi</i> oil, Mustard oil, <i>Bhallatak</i> oil. 6. Milk and milk products: Camel's milk, butter from goat's milk, butter from human milk, buttermilk from cow's and buffalo's milk. 7. Alcoholic liquids: <i>Madhveeka sura, Purana sura, Madhvasava</i>. 8. Fish, meat etc.: Eggs of bird meat of rabbit, animals in dry region, peacock, tiger, deer, <i>Titir, Lava</i> and <i>Kapota</i> (pigeon). 9. Other dietary articles and spices: <i>Jatiphala</i> (nutmeg), <i>Laja</i> (puffed rice), <i>Mantha, Hingu</i> (asafoetida), <i>Aldraka</i> (ginger), <i>Haridra</i> (turmeric).		
3	Hypothyroidism	<i>Yava</i> (barley), <i>Mudga</i> (green gram), <i>Rakta shali</i> (red rice), <i>Saindhava lavana</i> (rock salt), cow's <i>Ghrita</i> (butter) and milk, <i>Patola, Kathillaka</i> (<i>Punarnava</i>), <i>Vetagra, Salincasaka, Purana Ghritapana, Jeerna lohita shali, Rakta shigru</i> (drum stick), <i>Rohit Matsya</i>.	All types of <i>Mamsa ahara</i> (meat), <i>Anupa mamasa, Kshira vikruti</i> (products from milk), <i>Ikshu vikruti</i> (products from sugarcane), <i>Pishta Annam, Guru abhisyandi dravya</i> (food articles which are causes obstructions in channels), <i>Madhura</i> (sweet), <i>Amla rasa</i> (sour), mustard, <i>Cilicima</i> fish, drinking river water in rainy season, <i>Kusumbha taila</i>, milk and <i>Ghrita</i> of sheep, <i>Phanita</i>.	[45]
4	PCOD	1. Wholegrains: <i>Shastik shali</i> (red rice), <i>Ragi</i> (<i>Eleusine coracana</i>). 2. Low glycaemic index whole fruits: grapes, oranges, plums, apple, pears, prunes etc that contain minerals, vitamins, fibres and phytonutrients. 3. Dry fruits: <i>Kharjur</i> (dates), raisins and figs. 4. Vegetables: Rich in vitamins, minerals and nutrients. 5. Colourful vegetables: Beet, capsicum, carrots, salads etc. 6. Sprouts: Contain phytoestrogens that help lower oestrogen activity. 7. Other food articles: Use of <i>Agrneya dravya</i> in the management of <i>Artava kshaya</i> such as <i>Masha, Kulattha, Tila, Matsya, Udvisha, Dadhi, Sura</i> are recommended as	1. High glycaemic index foods: Such as white rice, refined flour, potatoes and bakery products. 2. Saturated fats: Red meat, dairy products as they promote increased oestrogen production. 3. Milk: As its protein content may interfere with normal testosterone metabolism, leading to elevated levels. 4. Soy based products: Which may inhibit ovulation. 5. Hydrogenated and transfat: found in repeatedly heated oils, processed foods. 6. Alcohol, nicotine, caffeine and other addictive substances.	[46,47]

		their use helps enhance the <i>Agneyatwa</i> of <i>Artava</i> .		
5	<i>Raktagata vata</i> (hypertension)	<i>Yava</i> , <i>Mudga</i> , <i>Godhuma</i> , <i>Jowar</i> , <i>Kulattha</i> , <i>Shigru</i> (moringa), <i>Alabu</i> , <i>Karavellaka</i> , <i>Gajar</i> , <i>Muli</i> (radish), <i>Draksha</i> (black grapes), <i>Amalaki</i> (Indian gooseberry), cucumber, <i>Dadima</i> (pomegranate), apple, pineapple, cold milk etc.	1. Excessive use of <i>Ghrita</i>, butter, chillies (red-green), <i>Taila</i>, <i>Chana dal</i> (Bengal gram), pickles, curd, tea, coffee, fruits which are sour in taste, <i>Sarsapa taila</i> (mustard oil). 2. Excessive dietary sodium consumption (sprinkling over curd, salads etc.) 3. High consumption of animal fat, processed or fried food substances. 4. Avoid alcohol consumption and smoking.	[48]
6	Stroke	1. Cereals and grains: Red rice. 2. Vegetables: Green leafy vegetables (moringa leaves). 3. Protein sources: Eggs, healthy varieties of fish, selected meat varieties (as per patient's condition). 4. Spices: <i>Rasona</i> (garlic).	1. Oily and deep-fried foods. 2. Excessively salty foods and pickles. 3. Cereals and pulses: Green gram, chickpea, Finger millet (<i>Kurakkan</i>). 4. Vegetables: Manioc leaves, brinjal, young jackfruit (polo), ripe jackfruit, breadfruit, tomato, long beans, hummingbird (<i>sesbania grandiflora</i>). 5. Fish: <i>Tuna</i> fish	[49]
7	<i>Sandhigata vata</i> (Osteoarthritis)	1. <i>Shaka varga</i> (class of vegetables): <i>Jivanti</i> (<i>Leptadenia reticulata</i>), <i>Shigru</i> (<i>Moringa oleifera</i>), <i>Patola</i> (<i>Tricosanthes dioica</i>). 2. <i>Phala varga</i> (class of fruits): <i>Amra</i> (<i>Mangifera indica</i>), <i>Draksha</i> (<i>Vitis vinifera</i>), <i>Madhuk</i> (<i>Madhuka indica</i>), <i>Badara</i> (<i>Zizyphus jujuba</i>). 3. <i>Anna varga</i> (class of grains): <i>Rakta shali</i> (<i>Oriza puntata</i>), <i>Godhuma</i> (<i>Triticum aestivum</i>), <i>Masha</i> (<i>Vigna mungo</i>). 4. <i>Dugdha varga</i> (class of milk): <i>Go</i>, <i>aja dugdha</i> and <i>ghrita</i>. 5. <i>Jala varga</i> (class of water): <i>Shritashita jala</i> (water cooled after boiling), <i>Usna jala</i> (lukewarm water). 6. <i>Madya varga</i> (class of wines): <i>Madira</i>, <i>Sura</i>, <i>Surasava</i>, <i>Amlakanjika</i>. 7. <i>Mamsa varga</i> (class of flesh): <i>Jalachara mamsa</i> (Aquatic animal meat), <i>Kukkuta</i>, <i>Titira</i>, <i>Chataka</i>, <i>Mayura</i> etc.	1. <i>Shaka varga</i> (class of vegetables): <i>Udumbara</i> (<i>Ficus glomerata</i>). 2. <i>Phala varga</i> (class of fruits): <i>Jambu</i> (<i>Syzium cumini</i>). 3. <i>Anna varga</i> (class of grains): <i>Chanaka</i> (<i>Cicer arietinum</i>), <i>Yava</i> (<i>Hordeum vulgare</i>). 4. <i>Dugdha varga</i> (class of milk): <i>Gardhava dugdha</i> 5. <i>Jala Varga</i> (Class of water): <i>Sheeta</i> (cold) <i>Jala</i>, <i>Nadi</i> (river), <i>Samudra</i> (sea) <i>jala</i>. 6. <i>Madya Varga</i> (class of wines): <i>Naveena madya</i> (use of new prepared alcohol). 7. <i>Mamsa varga</i> (Class of flesh): <i>Suska mamsa</i> (dry meat). 8. <i>Rasa varga</i> (Class of taste): <i>Katu</i> (pungent), <i>Tikta</i> (bitter) and <i>Kasaya</i> (astringent) <i>Rasa</i>. 9. <i>Mutra varga</i> (Class of urine): <i>Aja mutra</i> (goat urine).	[50,51]

		8. <i>Rasa varga</i> (Class of taste): 9. <i>Madhura</i> (sweet), <i>Amla</i> (sour), <i>Lavana</i> (salt). 10. <i>Mutra varga</i> (Class of urine): <i>Go</i> (cow), <i>Hasti</i> (elephant), <i>Ashva</i> (horse) <i>Mutra</i>.		
8	<i>Tamak swas</i> (COPD)	<i>Rakta shali</i> , <i>Shastika shali</i> , <i>Yava</i> , <i>Godhuma</i> , <i>Draksha</i> , <i>Patola</i> , <i>Amalaka</i> , <i>Shigru</i> , <i>Mulaka</i> , <i>Madira</i> , <i>Purana sarpi</i> , <i>Sura</i> , <i>Lasuna</i> , <i>Gomutra</i> , <i>Aja ghrit</i> .	Too cold, fried, chilly, heavy sour preparations, over eating, fasting for long time, taking milk at bed time, <i>Vegavarodha</i> (suppression of natural urges), <i>Diva swapna</i> (day time sleep), bread, pizza, burger, cheeses etc.	[52]
9	Non-alcoholic fatty liver disease	<i>Mudga yusha</i> (<i>Mudga dal</i> sprout cooked with vegetables like carrot, bottle gourd, spinach etc.), milk (double toned), <i>Madhudaka</i> (honey with lukewarm water), fruits/salads, <i>Patola</i> , <i>Amlaka</i> , <i>Yava</i> mixed roti.	Excessive intake of dairy products like butter, buttermilk, milk, ghee etc., tea, coffee, tobacco, smoking, alcohol, chewing pan masala, <i>Vidahikarak ahara</i> like fried foods, chillies, oily foods etc.	[53]
10	Dyslipidaemia	Unsaturated fats like sesame oil, flax seed oil, <i>Purana shali</i> (old rice), <i>Yava</i> (barley), <i>Kudhanya</i> legumes like <i>Kulattha</i> , <i>Mudga</i> etc., <i>Purana Godhuma</i> (old wheat), <i>Jurna</i> (maize), green leafy vegetables, <i>Karavellaka</i> (bitter gourd), <i>Amalaka</i> , <i>Takra</i> etc.	Excessive intake of <i>Ati Snigdha</i> (too much of oily substances), <i>Guru</i> (which are heavy to digest), <i>Madhura</i> (excess sweet), <i>Goudika</i> (jaggery, sugar and their preparations), <i>Pichhila</i> (slimy substance), <i>Navanna</i> (newly harvested grains), <i>Paishtika</i> (refined flour), <i>Nava madya</i> (newly alcohol preparations), ghee, butter, fast food, vanaspati (hydrogenated oil), bakery items, soft drinks, red meat, white bread etc.	[54]
11	<i>Arbuda</i> (Cancer)	Common spices like <i>Hingu</i> (<i>asafoetida</i>), <i>Jeerak</i> (<i>Cuminum cyminum</i>), black pepper (<i>Piper nigrum</i>) should be used. Milk diet, buttermilk with a pinch of black pepper powder, boiled water, herbal tea, bone marrow soup, liver soup etc.	Stale food, leftover food, <i>Chira siddha</i> , refined polished, processed foods, preserved and packaged non vegetarian like red meat, pork, beef, <i>Parisuska mamsa</i> , <i>Paridagdha mamsa</i> , too much of beverages, alcohol, chewing tobacco etc. should be avoided.	[55]
12	<i>Vatarakta</i> (Gout)	1. <i>Methika</i>, <i>Patola</i>, <i>Karavellaka</i>, <i>Adrak</i>, <i>Kushmanda</i>, <i>Palak</i>, bottle gourd. 2. Low fat free dairy products such as goat, cow, buffalo milk. 3. <i>Guda haritaki</i>, old barley. 4. Carbohydrate and fibre rich food. 5. Intake plenty of fluids mostly water. 6. <i>Mudga</i>, <i>Masura</i> added with <i>Ghrita</i> in more quantity should be used.	1. Avoid <i>Kulattha</i>, <i>Masha</i>, <i>Dadhi</i>, <i>Brinjal</i>, <i>Panasa</i>, <i>Ikshu</i>. 2. High purine vegetables like spinach, asparagus, cauliflower, mushroom, peas. 3. Intake of excessive sea food, meat, alcoholic preparations.	[56,57,58]
13	<i>Vrukka vikar a</i> (CKD)	1. Millets: Foxtail, Barnyard, little millet, <i>kodo</i>, brown top. 2. Seasonal fruits: Especially fresh and steamed fruits.	Vegetables like cabbage, spinach, brinjal, processed foods, trans fat and saturated fats like <i>vanaspati ghee</i> , milk and milk products, foods	[59,60]

		3. Sprouts: Lightly steamed and raw. 3. Steamed vegetables: Simple, easily digestible preparations. 4. Vegetables salads: Preferably steamed or lightly cooked. 5. Millet based dishes: Such as millet <i>khichdi</i> etc. 6. Herbal tea: Natural, non - caffeinated drinks. 7. Fresh vegetable juices: Green juice and red juice. 8. Turmeric-infused water: For anti-inflammatory benefits. 9. Raw ginger and curry leaves: Taken in small amounts.	high in minerals, animal products, wheat, tea, coffee and post 8 PM meals etc.	
14	<i>Amlapitta</i> (GERD)	1. <i>Charak Samhita- Raja masa</i> (cow peas). 2. <i>Bhaisajya Ratnavali: yava</i> (barley), <i>Godhuma</i> (wheat), <i>Purana rakta shali</i> (old red rice), <i>mudga</i> (green gram), <i>madhu</i> (honey), <i>karavellaka</i> (bitter gourd), <i>Saktu</i> (gruel), <i>Sarkara</i> (sugar), <i>Srita sheeta jala</i> (boiled water made to cool), <i>karkotaka</i> (spiny gourd), <i>Vastuka</i>, <i>vridhha kusmanda</i> (aged water melon), <i>Rambapuspa</i>, <i>Vethra agra</i>, <i>Dadima</i> (pomegranate), <i>Patola</i> (pointed gourd), all <i>pitta</i> and <i>kapha</i> alleviating beverages. 3. <i>Kashyap Samhita: Mudga</i>, <i>Purana rakta shali</i>, <i>Harenu</i>, <i>Masura</i>, <i>Ghrita</i>, <i>Paya</i>, <i>Vasa puspa</i>, <i>Kalaya shaka</i>, <i>Pouthika</i>, <i>Jangala mamsa</i>, <i>Vathuka</i>, <i>Tikta</i>, <i>laghu shaka</i>.	1. <i>Usna</i> foods: Avoid excessive spicy or hot foods such as garlic, onions, chilli peppers, mustard. 2. <i>Amla</i> (sour) foods: Citrus fruits, curd, vinegar, sour pickles. 3. <i>Ati Snigdha</i> foods (Oily foods): Unctuous, heavy and greasy foods like deep fried snacks, rich desserts, fatty meats. 4. <i>Tikshna</i> (sharp) foods: Sharp and pungent foods such as black pepper, ginger, strong spices etc. 4. <i>Viruddha</i> (incompatible) foods: Avoid consuming incompatible foods like milk with sour fruits, fish with dairy products etc. 5. <i>Guru</i> (heavy) foods: Red meat, Processed foods, refined grains. 6. <i>Abhishyandi</i> (congesting) foods: Foods which are forming mucous or congestive in nature like bananas, cold, dairy products, heavy desserts etc.	[61,62]
15	<i>Arsha</i> (Haemorrhoids)	1. Cereals and millets: <i>Godhuma</i> (wheat), <i>Yava</i> (wheat), <i>Rakta shali</i> (red rice). 2. Pulses: <i>Kulattha</i>, <i>Masura</i>, <i>Mudga</i>. 3. Consuming a large quantity of <i>ghee</i> orally just before meals, intake of rice-based pudding preparations, freshly prepared <i>takra</i> (buttermilk) mixed with <i>Saindhava lavana</i> (Rock salt). 4. Oils: <i>Mungfali taila</i> (ground nut oil), <i>Suryakanti taila</i> (Sunflower oil). 5. Meat: <i>Aja mamsa</i> (mutton), <i>Kukkuta</i>	1. Cereals and millets: <i>Mahakaya</i> (Maize), <i>Bajra</i> (pearl millet). 2. Pulses: <i>Shimbi</i> (double bean), <i>Raj-shimbi</i> (soyabean), <i>Chanaka</i> (Chickpea lentils), <i>Satina</i> (pea). 3. Vegetables: <i>Aluka</i> (potato), <i>Bimbi</i> (Ivy gourd), <i>Kadali</i> (plantain green), <i>Puspasakam</i> (Cauliflower), <i>Patragobhi</i> (Cabbage). 4. Oils: <i>Sarsapa taila</i>	[63,64,65, 66]

		<i>mamsa</i> (chicken). 6. Milk and milk products: <i>Aja dugdha</i> (goat milk), <i>Go dugdha</i> (cow milk), <i>Navanita</i> (butter). 7. Vegetables: <i>Surana</i> (yam), <i>Palaka</i> (Spinach), <i>Karavellaka</i> (bitter gourd), <i>Mulaka</i> (radish), <i>Gajar</i> (carrot), <i>Palandu</i> (onion), <i>Ervaru</i> (cucumber) etc 8. Fruits: Juice of <i>matulunga</i>, <i>dadim</i>, <i>badara</i>, <i>draksha</i>. Spices and condiments: <i>Adrak</i> (ginger), <i>shunthi</i> (dry ginger), <i>rasona</i> (garlic), <i>jeerak</i> (cumin), <i>Dhanyaka</i> (coriander), <i>Marich</i> (black pepper), <i>Ela</i> (cardamom). 9. Sugar: <i>Sita</i> (Sugar candy)	5. Meat: <i>Gomamsa</i> (beef), <i>Matsya</i> (Fish). 6. Fruit: <i>Lakucha</i> (Monkey jack), <i>Bilwa</i> (Wood apple), <i>Panasa</i> (Jackfruit). 7. Milk products: <i>Dadhi</i> (curd), <i>Mahish dugdha</i> (buffalo milk), yogurt. 8. Spices: <i>Marich</i> (Chili) 9. Sugars: <i>Guda</i> (Jaggery).	
16	Coronary artery disease	1. Food grain: <i>Yava</i> (barley), <i>Rakta shali</i> (red rice), <i>Laja</i> (fried rice), <i>Priyangu</i> (Millet), <i>Kodo</i>. 2. Beverages: <i>Takra</i> (buttermilk), <i>Narikel udak</i> (coconut water), <i>toya</i> (purified water), <i>sukta</i> (preparation of alcohol from rice), <i>Kharjura madya</i> (Alcoholic preparation from date palm), <i>Sarkara sidhu</i> (alcohol from sugar cane), <i>Gomutra</i>, <i>Mudga yusa</i>, <i>Patola</i> soup, <i>Rasala</i> (mango juice), <i>Mruga mamsa</i> (deer meat). 3. Fruits: <i>Amra</i> (<i>Mangifera indica</i>), <i>Amrataka</i> (<i>Spondias pinnata</i>), <i>Drakshya</i> (<i>Vitis vinifera</i>), <i>Kharjura</i> (<i>Phoenix sylvestris</i>), <i>Dadim</i> (<i>Punica granatum</i>), <i>Matulunga</i> (<i>Citrus medica</i>), <i>Amlavetas</i> (<i>Garcinia pedunculata</i>), All berries, Water melon, Papaya. 3. Vegetables: <i>Jivanti shaka</i>, <i>Patola</i> (<i>Tricosanthes dioica</i>), <i>Kusmanda</i> (<i>Benincasa hispida</i>), <i>Kakamachi</i> (<i>Solanum nigrum</i>), <i>Changeri shaka</i> (<i>Oxalis corniculata</i>), <i>Kokilakshya shaka</i> (<i>Hygrophila auriculata</i>), <i>Shigru</i> (Drum stick), <i>Kadali</i> (Green banana).	<i>Avi dugdha</i> (sheep milk), <i>Madhuka</i> (<i>Madhuka indica</i>), <i>Jirna madya</i> (old alcohol), Sugary drinks, refined carbohydrate, processed meats.	[67]

Role of Lifestyle^[35,36]: Ayurveda places a strong emphasis on lifestyle because wellness is about more than just diet. Inappropriate lifestyle habits such as irregular eating, lack of sleep, stress and sedentary behaviour, disrupt *Agni*, *Dosha*, *Dhatu* balance, and increase mainly *Kapha* and *Meda* resulting in over nutrition (*Santarpanjanya*) disease. *Santarpanjanya* disorder such as diabetes, obesity, dyslipidaemia etc. are typically characterized by an excessive lifestyle that includes overeating, heavy food, sleeping

throughout the day and mental stress. Ayurveda emphasizes correcting this through:

- A disciplined daily routine (*Dincharya*) helps reset the body-waking early, regular meals, proper sleep, these small habits gradually correct metabolism.
- Physical activity and exercise reduce excess accumulation in the body and improve digestion, which is essential in over-nutrition conditions.
- Avoiding harmful habits like *Diva swapna* (day sleep), *Ratri jagaran* (late nights), stress, and

sedentary living is crucial because these directly increase *Kapha* and slow metabolism.

- Seasonal adaptation (*Ritucharya*) prevents further imbalance by adjusting food and lifestyle according to climate changes.
- Practices like meditation, *Pranayama*, and mental discipline (*Satvavajaya*) help control stress-driven eating and emotional imbalance.
- Following *Sadvritta* and *Achara Rasayana* (good conduct and behaviour) maintains mental balance, which indirectly prevents overeating and unhealthy choices.

Lifestyle correction in Ayurveda is not strict or complicated; it's about bringing rhythm back to life. When daily habits become balanced, the body naturally starts correcting excess nourishment and prevents disease progression.

Bridging Ayurveda Ahara and Modern Nutrition^[37]

In *Santarpanjanya* lifestyle disorders (conditions due to over-nutrition), an integrative approach combining Ayurvedic *Ahara* and modern nutrition is highly beneficial. Modern nutrition helps in quantitative regulation through calorie control, balanced macronutrients, and evidence-based diets, which are effective in reducing weight, controlling lipid levels, and improving metabolic health. Ayurvedic *Ahara* complements this by focusing on qualitative and individualized aspects such as *Dosha* balance, strengthening *Agni* (digestion), and avoiding causative factors like *Guru*, *Snigdha*, and *Madhura ahara*. It also emphasizes *Ahara vidhi* (proper eating rules), mindful eating, seasonal adaptation, and avoidance of *Viruddha ahara*, which are crucial in preventing further accumulation (*Santarpana*). Bridging both approaches creates a holistic management strategy-modern nutrition ensures proper nutrient intake and disease control, while Ayurveda ensures better digestion, personalization, and long-term sustainability. This combined approach not only reduces excess nourishment but also restores internal balance and helps prevent recurrence of lifestyle disorders.

DISCUSSION

This review highlights that Ayurvedic concepts like *Ahara*, *Agni*, *Ama*, and *Pathya-Apathya* play an important role in preventing and managing lifestyle disorders. Improper diet and unhealthy habits weaken *Agni*, leading to *Ama* formation and metabolic imbalance, which contribute to diseases such as obesity, diabetes, hypertension, and dyslipidaemia etc. Ayurveda emphasizes balanced diet, proper eating habits, and healthy lifestyle practices to restore digestion and maintain health. The review also suggests that combining Ayurvedic dietary principles

with modern nutrition may provide a more holistic, personalized, and sustainable approach for managing *Santarpanjanya* lifestyle disorders.

CONCLUSION

Ayurvedic nutrition provides a holistic and practical approach to managing lifestyle disorders by focusing on balanced diet, proper digestion, and disciplined living. Rather than only treating disease, it emphasizes correcting the root cause through *Ahara* and lifestyle modifications. When combined with modern nutritional understanding, it offers a more complete and sustainable strategy for preventing and controlling *Santarpanjanya* disorders.

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***Address for correspondence**

Dr. Baishali Paul

PG Scholar,

Department of Dravyaguna Vigyana,

National Institute of Ayurveda,

Deemed-to-be University (De-novo)

Jaipur, Rajasthan.

Email: paulbaishali1@gmail.com

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